

Our ref: AKE/ECO

Tuesday 28th March 2023

Dear Parents, Carers and Family members,

I am excited to share with you that on Friday 31st March we will be launching our first personal development drop down day for Year 8 students.

The aim of the day is to provide the students with amazing workshops with both internal and external providers that will help prepare them for the future and provide them with excellent opportunities to study life skills.

The sessions will run during the usual school day and all students will be given a timetable to follow for that day during next week's tutor time. Students need to ensure they come to school in full school uniform and are ready and motivated to get the most from the day.

Students will have sessions on First Aid and how to perform CPR, mental health and wellbeing, mindfulness, social media and the safe use of devices, healthy relationships and careers.

We are excited to announce that we are working with Dr Rebecca Foljambe and the Nottinghamshire company Equation, both of which are reputable organisations with wonderful reputations within personal development work.

I am sure you will agree that this is a chance for students to learn key skills that will help them to progress further.

We hope that you will support us by discussing the day with your child.

Kind regards,



Miss Emma Cooper
Associate Vice Principal